



National Nutrient Database for Standard Reference

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Statistics Report 35197, Lambsquarters, steamed (Northern Plains Indians)

Report Date: July 16, 2017 03:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	85.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Energy	kcal	48	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	199	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein ¹	g	4.06	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Total lipid (fat) ¹	g	0.16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Ash ¹	g	3.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	7.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary ¹	g	5.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Minerals													
Calcium, Ca ¹	mg	349	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Iron, Fe ¹	mg	1.15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Magnesium, Mg ¹	mg	164	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

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Phosphorus, P 1	mg	56	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Potassium, K 1	mg	1070	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Sodium, Na 1	mg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Zinc, Zn 1	mg	0.61	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Copper, Cu 1	mg	0.100	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Manganese, Mn 1	mg	1.560	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamins													
Vitamin C, total ascorbic acid 1	mg	4.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Thiamin 1	mg	0.047	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Riboflavin 1	mg	0.270	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Niacin 1	mg	0.623	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin B-6 1	mg	0.232	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, RAE	µg	194	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, beta 1	µg	2329	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

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Carotene, alpha ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Cryptoxanthin, beta ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, IU	IU	3882	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lycopene ¹	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Lutein + zeaxanthin ¹	µg	6162	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD